

Swelling (Edema)

Swelling (edema) is a condition in which fluid builds up in your body's tissues. It can be caused by either a problem getting rid of fluid, or of retaining too much fluid.

TRY THIS

Wear loose clothing. Stay away from clothing that is constricting and shoes that are too tight.

Elevate your feet. Prop your feet up when sitting in a chair or resting in bed.

Limit salt (sodium) in your diet. Avoid foods such as chips, bacon, ham, and canned soup.

CHECK THIS OUT

Visit the Springboard page on Edema.

<https://smokefree.gov/springboard/symptoms/swelling>

Learn more about edema. <http://goo.gl/hedXX8>

Read this publication on managing chemotherapy side effects — swelling (fluid retention). <http://go.usa.gov/xAKkh>